

Exploring Wellness Apps

January– March 2025

Using personal technology devices to improve your wellbeing

If we are going to stay connected to our technology despite trying to decrease our "screen time", let's improve our awareness and develop healthy habits by exploring 4 free apps.

1. Strava fitness tracking
2. Yuka food and cosmetics scanner
3. Calorieking
4. NeuroFlow

App #1 Strava

Task: From beginners to world-class athletes, Strava makes fitness tracking social. Join each monthly fitness challenge to achieve activity goals and stay accountable.

App #1 Reflection:

Did this app provide opportunities for social interaction within your activities and did STRAVA help in keeping you more accountable for moving?

App #2 Yuka food and cosmetic scanner

Task: Super fun app that engages the entire family at home or work. Yuka allows you to scan the bar-codes of food items and personal care products to view the impact of the product on your health. Products are evaluated on nutritional quality and presence of harmful additives. Recommendations of healthier alternatives are given in an objective way.

App #2 Reflection:

Did this app change your mind about certain products you thought were healthy based on packaging, marketing or word of mouth?

App #3 Calorieking Food nutrition database

Task: This app has earned a reputation among health professionals as being reliable and trustworthy and very accessible to just about everyone. Calorieking has been around for a long time and has an extensive database on restaurants, fast food and store bought items. Search or scan an item to learn detailed nutrient content.

App #3 Reflection:

Did entering in your food choices into Calorieking cause you to make any changes to items you were eating often?

App #4 NeuroFlow Behavioral assessment and risk modification

Task: This mental and behavioral health app checks in with you daily regarding sleep, mood and overall feeling. Rewards are given when consistent feedback is given. Ask your Novant Health provider an invite code to this app.

App #4 Reflection:

Did Neuroflow provide insights that made you more aware of how unhealthy habits may be negatively impacting your overall wellbeing?